

Recently years of self medication, and self destruction lead to us meeting some of the staff at CPB. This is an event that was scary, embarrassing.

The staff at Great Falls office were patient and understanding. I was surprised they had ideas and solutions to our problems with ~~and~~ alcohol, domestic violence.

We first had a meeting to go over allegations. This was conducted with us with support from other people we get help from. This was a big help.

We then had a group intervention. This was helpful for several reasons:

1. No blame
2. Family, friends, stated ~~our~~ needs.

3 Our strengths as well as weaknesses were recognized.

4 Plan of action set up.

I want to say that this experience was the last thing I wanted to happen, it has proved to be the best. It is going to take time but our family to fully come full circle but we are well on our way. Thank you for the chance to prove we are a family unit.

Sincerely
Dana Ann Fry
David Ryan 1-27-07